

Panago's Commitment to Health & Nutrition

PANAGO

We set ourselves apart by creating the finest flavours and sourcing the highest quality ingredients + we have a strict no artificial flavours or colours policy.

*All pizza serving sizes are based upon one medium slice.

Serving Size (g)*
Calories (kcal)
Protein (g)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Carbohydrates (g)
Sodium (mg)
Sugars (g)
Dietary Fibre (g)
Legend

Meat Pizzas

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|-----------------------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Brooklyn Pepperoni | | | | | | | | | | | |
| Thin | 79 | 200 | 11 | 10 | 4 | 0.1 | 18 | 500 | 1 | 1 | ▲ |
| Original | 97 | 240 | 12 | 10 | 4 | 0.1 | 26 | 560 | 1 | 1 | ▲ |
| Multigrain | 97 | 240 | 13 | 10 | 4.5 | 0.1 | 25 | 420 | 1 | 2 | ▲ ● |
| Multigrain Thin | 79 | 200 | 11 | 9 | 4 | 0.1 | 17 | 410 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 93 | 230 | 10 | 11 | 4.5 | 0.2 | 26 | 540 | 1 | 2 | ▲ |
| Jerk Chicken | | | | | | | | | | | |
| Thin | 102 | 200 | 12 | 7 | 3 | 0.1 | 22 | 450 | 5 | 2 | ▲ ● |
| Original | 120 | 240 | 13 | 8 | 3 | 0.1 | 30 | 510 | 5 | 2 | ▲ ● |
| Multigrain | 120 | 240 | 13 | 7 | 3 | 0.1 | 29 | 370 | 5 | 3 | ▲ ● |
| Multigrain Thin | 102 | 200 | 12 | 7 | 3 | 0.1 | 21 | 350 | 4 | 2 | ▲ ● |
| Organic Gluten-smart | 112 | 230 | 11 | 8 | 3 | 0.2 | 29 | 480 | 4 | 1 | ▲ |
| Panago Classic | | | | | | | | | | | |
| Thin | 98 | 180 | 10 | 7 | 3.5 | 0.1 | 19 | 480 | 2 | 2 | ▲ ● |
| Original | 115 | 220 | 12 | 8 | 3.5 | 0.1 | 27 | 540 | 2 | 2 | ▲ ● |
| Multigrain | 115 | 220 | 12 | 8 | 3.5 | 0.1 | 26 | 400 | 2 | 3 | ▲ ● |
| Multigrain Thin | 98 | 180 | 10 | 7 | 3.5 | 0.1 | 18 | 380 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 112 | 220 | 9 | 8 | 3.5 | 0.1 | 27 | 510 | 2 | 1 | ▲ |
| Tropical Hawaiian | | | | | | | | | | | |
| Thin | 92 | 200 | 12 | 8 | 3.5 | 0.1 | 21 | 510 | 5 | 1 | ▲ |
| Original | 110 | 240 | 14 | 8 | 3.5 | 0.1 | 29 | 570 | 5 | 1 | ▲ |
| Multigrain | 110 | 240 | 14 | 8 | 4 | 0.1 | 29 | 430 | 5 | 2 | ▲ ● |
| Multigrain Thin | 92 | 200 | 12 | 8 | 3.5 | 0.1 | 21 | 420 | 5 | 1 | ▲ |
| Organic Gluten-smart | 108 | 240 | 12 | 9 | 4 | 0.2 | 30 | 570 | 5 | 1 | ▲ |
| Hawaiian | | | | | | | | | | | |
| Thin | 100 | 190 | 11 | 6 | 3 | 0.1 | 24 | 480 | 6 | 1 | ▲ |
| Original | 118 | 210 | 12 | 6 | 2.5 | 0.1 | 30 | 490 | 5 | 1 | ▲ |
| Multigrain | 118 | 210 | 12 | 5 | 2.5 | 0.1 | 29 | 360 | 5 | 2 | ▲ ● |
| Multigrain Thin | 100 | 190 | 11 | 6 | 3 | 0.1 | 23 | 380 | 5 | 2 | ▲ ● |
| Organic Gluten-smart | 114 | 210 | 9 | 6 | 2.5 | 0.1 | 30 | 470 | 5 | 1 | ▲ |
| Deluxe (pepperoni) | | | | | | | | | | | |
| Thin | 87 | 180 | 10 | 8 | 3.5 | 0.1 | 18 | 440 | 1 | 1 | ▲ |
| Original | 105 | 220 | 12 | 9 | 3.5 | 0.1 | 26 | 500 | 2 | 1 | ▲ |
| Multigrain | 105 | 220 | 12 | 8 | 3.5 | 0.1 | 25 | 360 | 1 | 2 | ▲ ● |
| Multigrain Thin | 87 | 180 | 11 | 8 | 3.5 | 0.1 | 17 | 340 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 101 | 220 | 10 | 9 | 3.5 | 0.1 | 27 | 470 | 1 | 4 | ▲ ● |
| New York Deli (recipe contains gluten) | | | | | | | | | | | |
| Thin | 90 | 220 | 13 | 11 | 4.5 | 0.2 | 18 | 570 | 1 | 1 | ▲ |
| Original | 108 | 260 | 15 | 11 | 4.5 | 0.2 | 26 | 630 | 2 | 4 | ▲ ● |
| Multigrain | 108 | 260 | 15 | 11 | 5 | 0.2 | 25 | 490 | 2 | 2 | ▲ ● |
| Multigrain Thin | 90 | 210 | 14 | 10 | 4.5 | 0.2 | 17 | 480 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 104 | 250 | 13 | 12 | 4.5 | 0.2 | 27 | 610 | 1 | 1 | ▲ |
| Philly Steak | | | | | | | | | | | |
| Thin | 85 | 200 | 9 | 11 | 2.5 | 0.1 | 18 | 380 | 1 | 1 | ▲ |
| Original | 103 | 240 | 10 | 11 | 2.5 | 0.1 | 26 | 440 | 2 | 1 | ▲ |
| Multigrain | 103 | 240 | 11 | 11 | 2.5 | 0.1 | 25 | 300 | 2 | 2 | ▲ ● |
| Multigrain Thin | 85 | 200 | 9 | 11 | 2.5 | 0.1 | 17 | 280 | 1 | 1 | ▲ |
| Organic Gluten-smart | 99 | 240 | 8 | 12 | 2.5 | 0.1 | 26 | 410 | 1 | 1 | ▲ |

LEGEND

- ▲ **Source of Energy.** Food provides at least 100 calories per serving of stated size and per reference amount.
- **5g of fat or less.** Food contains 5g or less of fat per serving of stated size and per reference amount.
- **Source of Fibre.** Food contains 2g or more of fibre per serving of stated size and per reference amount.

Serving Size (g)*
Calories (kcal)
Protein (g)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Carbohydrates (g)
Sodium (mg)
Sugars (g)
Dietary Fibre (g)
Legend

Meat Pizzas

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|-------------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Spicy Capicollo | | | | | | | | | | | |
| Thin | 87 | 190 | 11 | 9 | 4 | 0.1 | 18 | 480 | 1 | 1 | ▲ |
| Original | 104 | 230 | 12 | 9 | 4 | 0.1 | 26 | 540 | 1 | 1 | ▲ |
| Multigrain | 104 | 230 | 13 | 9 | 4 | 0.2 | 25 | 400 | 1 | 2 | ▲ ● |
| Multigrain Thin | 87 | 190 | 11 | 9 | 4 | 0.1 | 17 | 390 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 100 | 230 | 10 | 10 | 4 | 0.2 | 26 | 510 | 1 | 2 | ▲ |
| True Canadian | | | | | | | | | | | |
| Thin | 89 | 220 | 13 | 11 | 5 | 0.1 | 18 | 530 | 1 | 1 | ▲ |
| Original | 107 | 260 | 14 | 11 | 5 | 0.1 | 26 | 590 | 2 | 1 | ▲ |
| Multigrain | 107 | 260 | 15 | 11 | 5 | 0.2 | 25 | 450 | 2 | 2 | ▲ ● |
| Multigrain Thin | 89 | 210 | 13 | 11 | 5 | 0.2 | 17 | 440 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 103 | 250 | 12 | 12 | 5 | 0.2 | 26 | 560 | 1 | 1 | ▲ |
| Steak Mushroom Melt | | | | | | | | | | | |
| Thin | 90 | 270 | 13 | 18 | 4 | 0.1 | 16 | 560 | 1 | 1 | ▲ |
| Original | 108 | 310 | 15 | 18 | 4.5 | 0.1 | 23 | 630 | 1 | 1 | ▲ |
| Multigrain | 108 | 310 | 15 | 18 | 4.5 | 0.1 | 23 | 500 | 1 | 2 | ▲ ● |
| Multigrain Thin | 90 | 270 | 13 | 17 | 4.5 | 0.1 | 15 | 480 | 1 | 1 | ▲ |
| Organic Gluten-smart | 104 | 300 | 13 | 19 | 4.5 | 0.1 | 26 | 600 | 1 | 1 | ▲ |
| BBQ Bacon Chicken | | | | | | | | | | | |
| Thin | 92 | 210 | 14 | 8 | 3.5 | 0.1 | 20 | 470 | 4 | 1 | ▲ |
| Original | 110 | 250 | 15 | 8 | 3.5 | 0.1 | 29 | 530 | 4 | 1 | ▲ |
| Multigrain | 110 | 240 | 15 | 8 | 3.5 | 0.1 | 28 | 390 | 4 | 2 | ▲ ● |
| Multigrain Thin | 92 | 200 | 14 | 8 | 3.5 | 0.1 | 20 | 380 | 4 | 2 | ▲ ● |
| Organic Gluten-smart | 106 | 240 | 13 | 9 | 3.5 | 0.2 | 29 | 500 | 4 | 1 | ▲ |
| Chicken Club | | | | | | | | | | | |
| Thin | 94 | 220 | 13 | 11 | 3 | 0.1 | 17 | 480 | 1 | 1 | ▲ |
| Original | 112 | 260 | 14 | 12 | 3 | 0.1 | 25 | 540 | 2 | 1 | ▲ |
| Multigrain | 112 | 250 | 14 | 11 | 3 | 0.1 | 24 | 400 | 1 | 2 | ▲ ● |
| Multigrain Thin | 94 | 210 | 13 | 11 | 3 | 0.1 | 17 | 390 | 1 | 1 | ▲ |
| Organic Gluten-smart | 110 | 250 | 12 | 12 | 3 | 0.1 | 26 | 540 | 1 | 1 | ▲ |
| Chicken Taqueria | | | | | | | | | | | |
| Thin | 109 | 250 | 10 | 14 | 3.5 | 0.2 | 21 | 470 | 3 | 2 | ▲ ● |
| Original | 127 | 290 | 11 | 15 | 3.5 | 0.2 | 29 | 530 | 3 | 2 | ▲ ● |
| Multigrain | 127 | 290 | 12 | 15 | 3.5 | 0.2 | 29 | 390 | 3 | 3 | ▲ ● |
| Multigrain Thin | 109 | 250 | 10 | 14 | 3.5 | 0.2 | 21 | 370 | 3 | 2 | ▲ ● |
| Organic Gluten-smart | 123 | 290 | 9 | 15 | 3.5 | 0.2 | 30 | 500 | 3 | 2 | ▲ ● |
| Hot Honey Brooklyn Pepperoni | | | | | | | | | | | |
| Thin | 83 | 210 | 11 | 10 | 4.5 | 0.1 | 21 | 510 | 5 | 1 | ▲ |
| Original | 105 | 260 | 12 | 10 | 4.5 | 0.1 | 30 | 640 | 6 | 1 | ▲ |
| Multigrain | 101 | 250 | 12 | 10 | 4.5 | 0.2 | 29 | 430 | 5 | 2 | ▲ ● |
| Multigrain Thin | 83 | 210 | 11 | 10 | 4.5 | 0.2 | 21 | 420 | 5 | 2 | ▲ ● |
| Organic Gluten-smart | 97 | 250 | 10 | 11 | 4.5 | 0.2 | 30 | 550 | 5 | 1 | ▲ |
| Spicy Ranch Pepperoni | | | | | | | | | | | |
| Thin | 80 | 190 | 8 | 10 | 3 | 0.1 | 18 | 450 | 1 | 1 | ▲ |
| Original | 98 | 230 | 9 | 11 | 3 | 0.1 | 26 | 510 | 1 | 2 | ▲ ● |
| Multigrain | 98 | 230 | 10 | 10 | 3 | 0.1 | 26 | 370 | 1 | 3 | ▲ ● |
| Multigrain Thin | 80 | 190 | 8 | 10 | 3 | 0.1 | 18 | 350 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 94 | 200 | 8 | 10 | 3 | 0.1 | 24 | 380 | 1 | 3 | ▲ ● |

Meat Pizzas

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|-------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Steak Taqueria | | | | | | | | | | | |
| Thin | 109 | 250 | 9 | 15 | 3.5 | 0.2 | 21 | 480 | 3 | 2 | ▲ ● |
| Original | 127 | 300 | 10 | 16 | 4 | 0.2 | 29 | 540 | 3 | 2 | ▲ ● |
| Multigrain | 127 | 290 | 11 | 15 | 4 | 0.2 | 29 | 400 | 3 | 3 | ▲ ● |
| Multigrain Thin | 109 | 250 | 9 | 15 | 4 | 0.2 | 21 | 390 | 3 | 2 | ▲ ● |
| Organic Gluten-smart | 123 | 290 | 8 | 16 | 4 | 0.2 | 30 | 520 | 3 | 2 | ▲ ● |
| Pesto Chicken | | | | | | | | | | | |
| Thin | 83 | 200 | 10 | 10 | 2.5 | 0.1 | 18 | 380 | 2 | 1 | ▲ |
| Original | 101 | 240 | 11 | 10 | 2.5 | 0.1 | 26 | 440 | 2 | 2 | ▲ ● |
| Multigrain | 101 | 240 | 11 | 10 | 2.5 | 0.1 | 26 | 300 | 2 | 2 | ▲ ● |
| Multigrain Thin | 83 | 200 | 10 | 10 | 2.5 | 0.1 | 18 | 290 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 97 | 230 | 9 | 11 | 2.5 | 0.1 | 27 | 410 | 2 | 1 | ▲ |
| Tropical Chicken | | | | | | | | | | | |
| Thin | 97 | 190 | 12 | 6 | 3 | 0.1 | 22 | 380 | 5 | 1 | ▲ |
| Original | 115 | 230 | 13 | 7 | 3 | 0.1 | 30 | 440 | 5 | 1 | ▲ |
| Multigrain | 115 | 230 | 13 | 6 | 3 | 0.1 | 29 | 310 | 5 | 2 | ▲ ● |
| Multigrain Thin | 97 | 190 | 12 | 6 | 3 | 0.1 | 22 | 290 | 5 | 2 | ▲ ● |
| Organic Gluten-smart | 111 | 220 | 11 | 7 | 3 | 0.2 | 31 | 420 | 5 | 1 | ▲ |
| Chipotle Chicken | | | | | | | | | | | |
| Thin | 80 | 190 | 10 | 8 | 2 | 0.1 | 19 | 290 | 2 | 1 | ▲ |
| Original | 97 | 230 | 11 | 9 | 2 | 0.1 | 27 | 340 | 2 | 1 | ▲ |
| Multigrain | 97 | 230 | 11 | 9 | 2.5 | 0.1 | 27 | 210 | 2 | 2 | ▲ ● |
| Multigrain Thin | 80 | 190 | 10 | 8 | 2.5 | 0.1 | 19 | 190 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 94 | 230 | 9 | 9 | 2.5 | 0.1 | 28 | 320 | 2 | 1 | ▲ |
| Veggie Pizzas | | | | | | | | | | | |
| Cheese | | | | | | | | | | | |
| Thin | 74 | 160 | 10 | 6 | 3 | 0.1 | 17 | 350 | 1 | 1 | ▲ |
| Original | 92 | 210 | 12 | | | | | | | | |

*All pizza serving sizes are based upon one medium slice.

Serving Size (g)*
Calories (kcal)
Protein (g)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Carbohydrates (g)
Sodium (mg)
Sugars (g)
Dietary Fibre (g)
Legend

Veggie Pizzas

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|-----------------------------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Beyond Spicy Calabrese | | | | | | | | | | | |
| Thin | 93 | 170 | 12 | 6 | 2.5 | 0.1 | 19 | 490 | 2 | 2 | ▲ ● |
| Original | 111 | 220 | 13 | 6 | 2.5 | 0.1 | 27 | 550 | 2 | 2 | ▲ ● |
| Multigrain | 111 | 210 | 14 | 6 | 2.5 | 0.1 | 27 | 420 | 2 | 3 | ▲ ● |
| Multigrain Thin | 93 | 170 | 12 | 5 | 2.5 | 0.1 | 19 | 400 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 107 | 210 | 11 | 7 | 2.5 | 0.1 | 28 | 530 | 2 | 2 | ▲ ● |
| Beyond Summer BBQ | | | | | | | | | | | |
| Thin | 97 | 190 | 12 | 5 | 2.5 | 0.1 | 23 | 530 | 4 | 2 | ▲ ● |
| Original | 115 | 230 | 14 | 6 | 2.5 | 0.1 | 31 | 600 | 4 | 2 | ▲ ● |
| Multigrain | 115 | 230 | 14 | 6 | 2.5 | 0.1 | 31 | 460 | 4 | 3 | ▲ ● |
| Multigrain Thin | 97 | 190 | 13 | 5 | 2.5 | 0.1 | 23 | 440 | 4 | 2 | ▲ ● |
| Organic Gluten-smart | 111 | 230 | 12 | 6 | 2.5 | 0.1 | 32 | 570 | 4 | 2 | ▲ ● |
| Meat-Free Pepperoni (recipe contains gluten) | | | | | | | | | | | |
| Thin | 87 | 160 | 11 | 5 | 2.5 | 0.1 | 18 | 360 | 1 | 1 | ▲ ● |
| Original | 105 | 200 | 12 | 5 | 2.5 | 0.1 | 27 | 420 | 2 | 1 | ▲ ● |
| Multigrain | 105 | 200 | 12 | 5 | 2.5 | 0.1 | 26 | 280 | 2 | 2 | ▲ ● |
| Multigrain Thin | 87 | 160 | 11 | 5 | 2.5 | 0.1 | 18 | 270 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 101 | 190 | 10 | 6 | 2.5 | 0.1 | 27 | 400 | 1 | 1 | ▲ |
| Pesto Vegetarian | | | | | | | | | | | |
| Thin | 76 | 190 | 7 | 10 | 2.5 | 0.1 | 18 | 340 | 2 | 1 | ▲ |
| Original | 94 | 230 | 8 | 10 | 2.5 | 0.1 | 26 | 400 | 2 | 2 | ▲ ● |
| Multigrain | 94 | 220 | 8 | 10 | 2.5 | 0.1 | 26 | 260 | 2 | 3 | ▲ ● |
| Multigrain Thin | 76 | 180 | 7 | 10 | 2.5 | 0.1 | 18 | 250 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 90 | 220 | 6 | 11 | 2.5 | 0.1 | 27 | 370 | 2 | 1 | ▲ |
| Veggie Mediterranean | | | | | | | | | | | |
| Thin | 90 | 180 | 8 | 8 | 3.5 | 0.2 | 19 | 530 | 2 | 1 | ▲ |
| Original | 107 | 220 | 9 | 8 | 3.5 | 0.2 | 27 | 590 | 2 | 2 | ▲ ● |
| Multigrain | 107 | 210 | 10 | 8 | 3.5 | 0.2 | 27 | 450 | 2 | 3 | ▲ ● |
| Multigrain Thin | 90 | 170 | 8 | 8 | 3.5 | 0.2 | 19 | 430 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 103 | 210 | 7 | 9 | 3.5 | 0.2 | 28 | 560 | 2 | 1 | ▲ |
| Veggie Korma | | | | | | | | | | | |
| Thin | 82 | 150 | 6 | 5 | 3 | 0.1 | 20 | 260 | 3 | 1 | ▲ ● |
| Original | 99 | 190 | 7 | 6 | 3 | 0.1 | 28 | 330 | 3 | 2 | ▲ ● |
| Multigrain | 99 | 190 | 8 | 6 | 3 | 0.1 | 27 | 190 | 3 | 3 | ▲ ● |
| Multigrain Thin | 82 | 150 | 6 | 5 | 3 | 0.1 | 19 | 170 | 3 | 2 | ▲ ● |
| Organic Gluten-smart | 95 | 180 | 5 | 6 | 3 | 0.1 | 28 | 300 | 3 | 1 | ▲ |
| Beyond Taqueria | | | | | | | | | | | |
| Thin | 109 | 260 | 10 | 15 | 3.5 | 0.2 | 22 | 530 | 3 | 2 | ▲ ● |
| Original | 127 | 300 | 11 | 15 | 3.5 | 0.2 | 30 | 590 | 3 | 2 | ▲ ● |
| Multigrain | 127 | 300 | 12 | 15 | 3.5 | 0.2 | 29 | 450 | 3 | 3 | ▲ ● |
| Multigrain Thin | 109 | 260 | 10 | 15 | 3.5 | 0.2 | 21 | 440 | 3 | 3 | ▲ ● |
| Organic Gluten-smart | 123 | 290 | 9 | 16 | 3.5 | 0.2 | 30 | 570 | 3 | 2 | ▲ ● |

Plant-based Pizzas

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|-------------------------------------------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Plant-based Spicy Ranch Pepperoni (recipe contains gluten) | | | | | | | | | | | |
| Thin | 74 | 160 | 5 | 7 | 1 | 0 | 20 | 380 | 1 | 1 | ▲ |
| Original | 92 | 200 | 6 | 8 | 1 | 0 | 28 | 440 | 1 | 2 | ▲ ● |
| Multigrain | 92 | 200 | 6 | 7 | 1 | 0 | 28 | 300 | 1 | 3 | ▲ ● |
| Multigrain Thin | 74 | 160 | 5 | 7 | 1 | 0 | 20 | 290 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 91 | 170 | 5 | 7 | 1 | 0 | 27 | 320 | 1 | 3 | ▲ ● |

Plant-based Pizzas

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|--------------------------------------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Plant-based Deluxe Pepperoni (recipe contains gluten) | | | | | | | | | | | |
| Thin | 74 | 130 | 4 | 4 | 1 | 0 | 20 | 320 | 2 | 2 | ▲ ● |
| Original | 92 | 170 | 5 | 4.5 | 1 | 0 | 28 | 390 | 2 | 2 | ▲ ● |
| Multigrain | 92 | 170 | 6 | 4 | 1 | 0 | 28 | 250 | 2 | 3 | ▲ ● |
| Multigrain Thin | 74 | 130 | 4 | 4 | 1 | 0 | 20 | 230 | 1 | 2 | ▲ ● |
| Organic Gluten-smart | 88 | 170 | 3 | 5 | 1 | 0 | 29 | 360 | 1 | 2 | ▲ ● |
| Plant-based Beyond Spicy Calabrese | | | | | | | | | | | |
| Thin | 80 | 140 | 7 | 4 | 1 | 0 | 21 | 440 | 2 | 2 | ▲ ● |
| Original | 98 | 180 | 8 | 4.5 | 1 | 0 | 29 | 500 | 2 | 2 | ▲ ● |
| Multigrain | 98 | 180 | 8 | 4 | 1 | 0 | 28 | 360 | 2 | 3 | ▲ ● |
| Multigrain Thin | 80 | 140 | 7 | 3.5 | 1 | 0 | 20 | 350 | 2 | 3 | ▲ ● |
| Organic Gluten-smart | 94 | 180 | 6 | 5 | 1 | 0 | 29 | 470 | 2 | 2 | ▲ ● |
| Plant-based Beyond Summer BBQ | | | | | | | | | | | |
| Thin | 85 | 160 | 7 | 3.5 | 1 | 0 | 25 | 480 | 4 | 2 | ▲ ● |
| Original | 102 | 200 | 8 | 4 | 1 | 0 | 33 | 540 | 4 | 2 | ▲ ● |
| Multigrain | 102 | 200 | 9 | 4 | 1 | 0 | 32 | 400 | 4 | 3 | ▲ ● |
| Multigrain Thin | 85 | 160 | 7 | 3.5 | 1 | 0 | 24 | 390 | 4 | 3 | ▲ ● |
| Organic Gluten-smart | 99 | 190 | 6 | 4.5 | 1 | 0 | 33 | 510 | 4 | 2 | ▲ ● |
| Plant-based Spicy Hawaiian (recipe contains gluten) | | | | | | | | | | | |
| Thin | 78 | 130 | 4 | 3 | 1 | 0 | 23 | 460 | 4 | 1 | ▲ ● |
| Original | 96 | 180 | 5 | 3.5 | 1 | 0 | 31 | 520 | 5 | 2 | ▲ ● |
| Multigrain | 96 | 170 | 6 | 3.5 | 1 | 0 | 31 | 380 | 4 | 3 | ▲ ● |
| Multigrain Thin | 78 | 130 | 4 | 3 | 1 | 0 | 23 | 370 | 4 | 2 | ▲ ● |
| Organic Gluten-smart | 92 | 170 | 3 | 4 | 1 | 0 | 32 | 500 | 4 | 2 | ▲ ● |
| Plant-based Mediterranean (recipe contains gluten) | | | | | | | | | | | |
| Thin | 76 | 140 | 4 | 4.5 | 1 | 0 | 21 | 440 | 2 | 2 | ▲ ● |
| Original | 94 | 180 | 6 | 5 | 1 | 0 | 29 | 510 | 2 | 2 | ▲ ● |
| Multigrain | 94 | 180 | 6 | 5 | 1 | 0 | 28 | 370 | 2 | 3 | ▲ ● |
| Multigrain Thin | 76 | 140 | 5 | 4.5 | 1 | 0 | 20 | 350 | 2 | 2 | ▲ ● |
| Organic Gluten-smart | 90 | 180 | 4 | 6 | 1 | 0 | 30 | 480 | 2 | 2 | ▲ ● |

Salads

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|--------------------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| All salads are entrée size | | | | | | | | | | | |
| Tuscan Salad | 356 | 380 | 12 | 26 | 7 | 0.3 | 28 | 1520 | 10 | 6 | ▲ ● |
| Mediterranean Salad | 384 | 220 | 9 | 14 | 5 | 0 | 18 | 900 | 8 | 6 | ▲ ● |
| Caesar Salad | 137 | 120 | 6 | 6 | 3 | 0.1 | 11 | 210 | 3 | 2 | ▲ ● |
| Garden Salad | 284 | 150 | 8 | 6 | 3 | 0 | 18 | 290 | 6 | 4 | ▲ ● |
| Taqueria Salad | | | | | | | | | | | |
| (includes dressing) | 369 | 360 | 10 | 22 | 6 | 0.3 | 31 | 840 | 11 | 6 | ▲ ● |
| Chicken Taqueria Salad (includes dressing) | 403 | 440 | 34 | 24 | 6 | 0.3 | 25 | 1540 | 10 | 6 | ▲ ● |
| Jerk Chicken Salad (includes dressing) | 372 | 350 | 29 | 16 | 1.5 | 0 | 27 | 870 | 16 | 5 | ▲ ● |

Sides

| | Serving Size (g)* | Calories (kcal) | Protein (g) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Carbohydrates (g) | Sodium (mg) | Sugars (g) | Dietary Fibre (g) | Legend |
|--------------------------------|-------------------|-----------------|-------------|---------------|-------------------|---------------|-------------------|-------------|------------|-------------------|--------|
| Breads (per breadstick) | | | | | | | | | | | |
| Cinnamon Breadsticks | 57 | 190 | 5 | 4.5 | 2.5 | 0 | 33 | 390 | 9 | 1 | ▲ ● |
| Garlic Cheesy Bread | 50 | 130 | 6 | 5 | 2 | 0.1 | 17 | 135 | 0 | 1 | ▲ ● |
| Super Cheesy Bread | 51 | 140 | 6 | 5 | 2 | 0 | 17 | 140 | 0 | 1 | ▲ ● |
| Plant-based Cheesy Bread | 48 | 120 | 3 | 2 | 1.5 | 0 | 19 | 130 | 0 | 1 | ▲ ● |
| Gluten-smart Cheesy Bread | 83 | 200 | 10 | 8 | 4.5 | 0.2 | 23 | 300 | 1 | 2 | ▲ ● |
| Dessert | | | | | | | | | | | |
| Chocolate Chunk | | | | | | | | | | | |
| Pretzel Cookie (per pc) | 64 | 280 | 4 | 14 | 8 | 0 | 37 | 430 | 19 | 1 | ▲ |
| Mini New York Cheesecake | 91 | 320 | 6 | 21 | 13 | 0.5 | 26 | 250 | 22 | 0 | ▲ |
| Apple Pie (per slice) | 130 | 370 | 3 | 18 | 9 | 0 | 53 | 240 | 23 | 2 | ▲ ● |
| Dips + Dressings | | | | | | | | | | | |
| Jalapeño Ranch | 44 | 180 | 1 | 19 | 1.5 | 0 | 1 | 310 | 1 | 0 | ▲ |
| Cayenne Hot Sauce | 44 | 0 | 0 | 0 | 0 | 0 | 0 | 2020 | 0 | 0 | ● |
| Italian Garlic | 44 | 210 | 1 | 22 | 2 | 0 | 1 | 260 | 1 | 0 | ▲ |
| Cheesy Cheddar | 44 | 190 | 0 | 21 | 1.5 | 0 | 1 | 400 | 1 | 0 | ▲ |
| Italian Tomato | 44 | 20 | 1 | 0.5 | 0 | 0 | 4 | 190 | 3 | 1 | ● |
| Chipotle Cilantro | 44 | 230 | 0 | 24 | 3.5 | 0 | 2 | 230 | 1 | 0 | ▲ |
| Classic Caesar | 44 | 190 | 1 | 21 | 2 | 0 | 1 | 320 | 0 | 0 | ▲ |
| Balsamic Vinaigrette | 44 | 100 | 0 | 10 | 0.5 | 0 | 3 | 220 | 3 | 0 | ▲ |
| Blue Cheese | 44 | 230 | 1 | 25 | 3 | 0 | 1 | 340 | 1 | 0 | ▲ |
| Simple Italian | 44 | 230 | 0 | 25 | 2 | 0 | 0 | 180 | 0 | 0 | ▲ |
| Sweet Mustard | 44 | 160 | 0.4 | 14 | 1 | 0.3 | 9 | 280 | 9 | 0 | ▲ |
| Sweet Frost Icing | 44 | 160 | 0 | 0 | 0 | 0 | 34 | 50 | 40 | 0 | ▲ ● |
| Avocado Cilantro | 29 | 90 | 0.1 | 9 | 1 | 0 | 2 | 170 | 1 | 0 | ▲ |
| BBQ | 44 | 60 | 0.4 | 0 | 0 | 0 | 14 | 45 | | | |